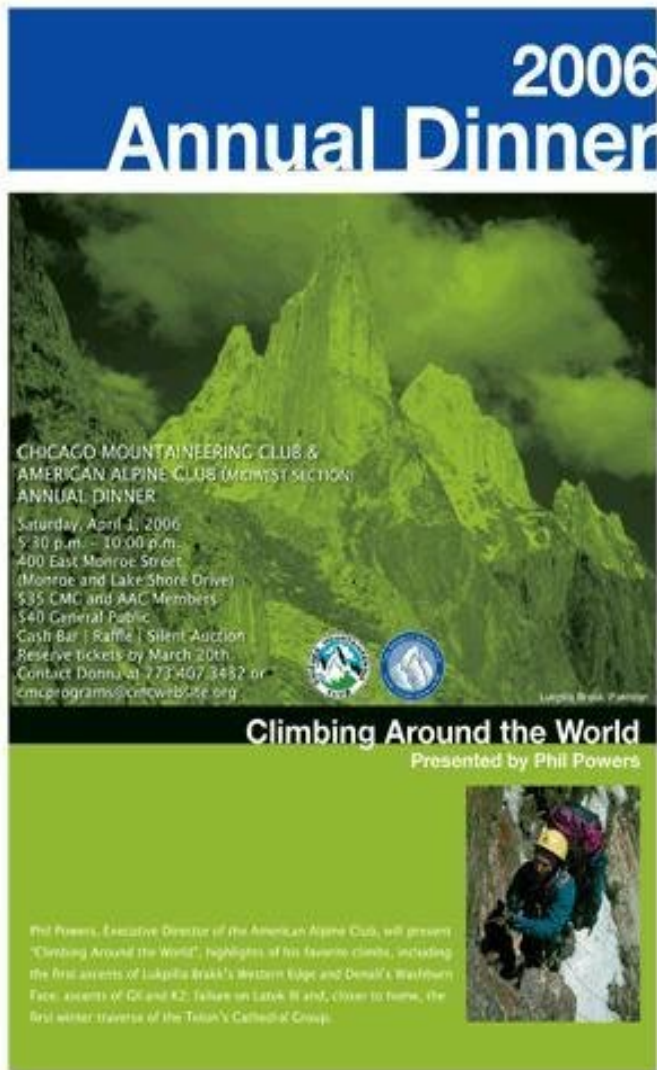




Chicago Mountaineering Club

The next CMC General Meeting will be Monday, March 13th, at 8:00 PM at the Goose Island Brewery, 1800 N Clybourn Ave., Chicago IL (312) 915-0071. There will be a CMC Board Meeting immediately preceding the General Meeting at 6:30. CMC members are welcome to attend the Board meetings.

2006 Annual Dinner, April 1st



Many thanks again to Walt House for the cool poster!

Annual Dinner with Phil Powers, Executive Director of the American Alpine Club. Location is the Chicago Yacht Club at Monroe Harbor. This is always a great event, so don't forget to sign up. See previous newsletters or the website for additional details and a registration form.

General Meeting Schedule

March 13th, 8:00 PM: 2 for 1! We'll have a brief slide show on the 2006 February Follies trip to Batchawana Bay in Ontario. Followed by a North Face Product Review. The local NF rep will be on hand with all sorts of new outdoor clothing and gear for the upcoming season to review.

(There will be no General Meeting in April.)

May 8th: TBD.

Many thanks to Iwona Korzeniowska for her wonderful presentation at the February General Meeting on her trek in Nepal and Bhutan, and her climb of Mera Peak in the Nepali Himalaya. It was a inspiring presentation with beautiful photography.

CMC/AAI Mountaineering Course

This will be a 6 day skills development course this summer, 2006. It is taught by the American Alpine Institute in the glaciated terrain of the North Cascades National Park and customized for the CMC. The starting point for the course will be Bellingham, Washington. This was first offered two years ago (thanks to Stephanie Hoffman), and the Club plans to offer it on a bi-annual basis moving forward. The course content will be selected from, and a combination of, the two courses listed below based on participants abilities and interests. More details on the various options can be found in AAI's course listings at www.mtnguide.com.

The cost should be \$900-\$1000 and date is TBD based on the participants. This is open to non-members, and we need at least 6 people to sign up for the customized course (and for a 10% discount.) If you are interested please contact Stephanie Hoffman.

1. Alpine Mountaineering and Technical Leadership Curriculum

Alpine Travel & Climbing Skills

- *selection & use of personal equipment as well as ropes, knots, & harnesses
- *design concepts, selection, & use of technical equipment for rock, snow, & ice climbing
- *the uses of map, compass, & altimeter
- *principles of glacier travel & route finding
- *belaying techniques on rock, snow, & ice
- *the concept and application of the self-belay
- *self-arrest from all positions
- *free climbing technique on rock, snow, & ice
- *French, German, and American crampon techniques
- *interrelationship, choice between, & application of all principal ice axe positions
- *rappelling & prussiking
- *glissading for speed & ease of descent

Objective Hazards Evaluation & Self-Rescue Skills

- *evaluation & prediction of mountain weather patterns
- *introduction to the assessment of natural hazards
- *individual & team crevasse rescue techniques

Leadership Skills

- *technical & personal functions of individuals in the rope team; role and responsibility
- *problem solving: gathering appropriate data & assessment techniques
- *evolving leadership roles: individual leadership vs. collective decision making

2. Alpine Ice Climbing

Participants are instructed in a highly refined, hybrid ice climbing technique that combines the most effective aspects of American, German, and French approaches to snow and ice. Groups are very small and there is flexibility in emphasis according to individual interest & need. The curriculum includes:

- *design concepts, performance, and selection of ice axes & technical tools
- *proper choice between and application of the primary ice axe positions: piolet canne, panne, manche, poignard, ramasse, rampe, ancre, and traction
- *choice between and application of American, French, and German cramponing techniques
- *proper selection and placement of ice screws, snow flukes & pickets for belays and intermediate protection
- *the uses of mechanical belay devices in alpine climbing
- *specialized designs and uses of alpine and technical tools in high angle climbing
- *free climbing technique on overhanging ice
- *setting up and operating hanging belays
- *the uses of prussiks
- *crevasse rescue techniques: self-rescue, pulley systems, and pulley system combinations
- *the use of skiing glissades for ease and speed of descent

- *glacial structure and movement: using large external landforms to predict inner glacial structures and hence the difficulties and hazards of a potential route
- *evaluation of the objective hazards of avalanche, rock fall, and ice fall
- *integration of specific skills with the general goals of efficient, safe, and self-dependent climbing
- *Leave No Trace travel, camping, & climbing

Anchor Clinic

Members of the University of Chicago Outdoor Adventure Club will be hosting an informal anchor clinic at Promontory Point on the lake shore near Hyde Park in Chicago. Several senior CMCers will be participating and helping out. You may have forgotten, but many of the CMC founders were U of C students. It's good to see the renewed cooperation. This is a good opportunity for those of you interested in working on and learning anchor construction. (Which all climbers should.)

Details and directions are on the O.A.C. webpage:
<http://oac.cliffgear.com/docs/OAC/AnchorClinic>

When: Saturday, April 8 at 9:00 AM (Rain Date April 15)

Format: This will be an informal, hands-on, peer-taught clinic covering the construction of various types of climbing anchors on rock. Climbers of all skill levels who are members or guests of the Outdoor Adventure Club or the Chicago Mountaineering Club are welcome to participate.

Proposed topics:

1. Simple Anchors
 - a. Natural Anchors
 - b. Passive Protection
 - c. Cams
2. Complex Anchors
 - a. Knots
 - b. Anchor Dynamics
 - c. Customization
 - d. Analysis
3. Toprope Anchors
4. Hanging Belay Construction and Self-Rescue Techniques

References: Those with little or no experience setting anchors may wish to look through these texts before attending the clinic.

Climbing Anchors by John Long

Mountaineering: Freedom of the Hills, edited by Graydon and Hanson

What to bring: The temperature is likely to be in the 40s or 50s, so dress warmly. Bring a harness if you wish to practice belays or rescues. The OAC will provide a few ropes and tubular webbing, but we will be dependent on individual participants for most other trad gear. Therefore, please bring whatever gear you can (and mark it so that you can recognize it).

Directions: Promontory Point is on the lake shore at South 55th Street.

Map at <http://maps.uchicago.edu/hydepark.shtml>

Contact: If you are interested in participating, or have any suggestions, please email Devin (dstrick-at-uchicago-dot-edu)

Thanks Devin. Glad to see others helping to foster mountaineering and climbing techniques and safety in the Chicago region.

New Member

Congratulations and welcome aboard to our newest member Neil Horn. Neil had his second reading and was unanimously voted in at the February meeting.

Neil was born and raised in Dunfermline, Scotland, and was just on his first February Follies trip. I asked Neil to tell us a little about himself and here is what he had to say:

"Since I was a teenager I have been bagging (climbing) Munros. A Munro is any Scottish mountain over 3000 feet. In 1891, Sir Hugh Munro compiled the list of 277 Munros with the largest being Ben Nevis at 4409ft. Although not as high as the mountains in United States, Ben Nevis is the proud holder of the cloudiest place in the world in the Guinness book of world records.

Ben Nevis is among the mountains I have climbed and, yes, the visibility from the top was about 10 feet! It was a great corrie [Scottish for cirque] climb up onto a sharp ridge then on to the top.

One of my favorite areas to climb was Glencoe; and trust me, this Glencoe is breathtaking compared to the Glencoe suburb of Chicago and a little less populated unless you count sheep.

For more technical rock climbing I had a selection of areas close to home (Rosyth quarry, Dunkeld, and the sea cliffs of Aberdour). All are very different challenges with plenty to offer beginners through to the most extreme climbers. I do not know about now but at that time all the routes were trad routes.

I started traveling a lot in 1996 and hung up the climbing shoes for a while. My work brought me to Chicago in 1999. Although I love Chicago I was sure my climbing days were over. My biggest complaint to my Milwaukee born wife has been "I miss the mountains." After hearing this once too many times she hit the search engines on the pc and would you believe, she found a mountaineering club in the flattest place on the planet? I thought it was a joke but had to investigate. Sure enough the CMC is no joke and now that I have been on several summer outings and just returned from my first Feb Follies, I am very proud to be a member of the Chicago Mountaineering Club.

I may have to drive (several hours) or fly to get to the climbing areas but I am just delighted to be able to experience everything that comes with climbing again. Fresh air, great scenery, interesting companions and maybe a beer or two after a strenuous day.

Sounds like he'll fit right in. If any other new (or old) members want to introduce or reintroduce themselves to the Club, please send me your information.

Notices

VERY IMPORTANT REMINDER: Please be sure to renew your membership and pay your campground fees. It promises to be as lovely this year as always in at Devil's Lake, and our campground fees are surely the best bargain known to Midwest climbers. You know you want to spend more time there this year. Won't you make our VP and Membership Chair Mike Burian happy and send in your dues today?

2005 CMC Annual Budget

Following is the estimated budget for 2006. We, the Board, think this is a conservative budget. Though we're not thrilled with that small negative number there at the bottom, the club has a healthy bank balance and we hope to have a few more members and a few more people at the Annual Dinner this year to make up for it.

2006 CMC Annual Budget

Income	
Annual Dinner	5550
Campground fees	1150
Membership	5250
Sergeant at arms	300
<u>Total</u>	12,250
Expense	
Annual Dinner	5000
Administrative	300
Grounds	500
Hotline	144
MFC donation	2500
Mountaineer	500
Newsletter	1200
Outhouses	500
Outings	300
Programs	250
Sergeant at arms	330
Vice president	300
Website	240
Yearbook	400
<u>Total</u>	12,464
<u>Net</u>	-214

From:
Chicago Mountaineering Club
c/o Robert White
1845 N. Orleans, Apt. 2R
Chicago, IL 60614

TO:

ADDRESS CORRECTION REQUESTED

FIRST CLASS MAIL

NEWSLETTER: Please submit your comments, announcements, outings or personal climbing reports, items of interest, ephemera, or questions to the Editor: Robert White at 1845 N. Orleans Street, Apt. 2R, Chicago, IL 60614 or e-mail: cmcsecretary@cmcwebsite.org. Also, please contact me if your newsletter was damaged in the mail and you would like a fresh copy sent.

In Memory

Bob Phelps, CMC member & husband of CMC member Kitty Matthews died early February 7th, 2006. He was climbing a route on the indoor REI pinnacle in Bloomington, MN, and had just completed the crux when he suddenly collapsed from a heart attack. He was treated promptly with CPR and defibrillation but never recovered consciousness.

He is survived by his wife Kitty, five children, two stepchildren, and ten grandchildren.

On the morning of his memorial service (2/9) one of his daughters and a grandchild went out to REI and completed his route.

He was a lovely man and will be much missed.

Memorials may be sent to:
St. Stephen's Catholic Church
2211 Clinton Avenue
Minneapolis MN 55404

Bob volunteered there in their shelter for homeless men.

Thanks to Bev Anderson for submitting this.

2006 Board Members

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cmcpresident@cmcwebsite.org
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Secretary: Robert White
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Treasurer: Steve Broadie
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